



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

# - H1N1 FLU -

## Stop The Spread Of Flu

- STAY HOME IF YOU ARE SICK.
- Avoid touching your eyes, nose or mouth. You can infect yourself this way.
- Cover your coughs and sneezes with your sleeve.
- Wash your hands often, with soap, for at least 20 seconds.
- Use alcohol-based hand sanitizers when you can't wash your hands.
- Keep commonly-touched surfaces like keyboards, pens, doorknobs, phones, sanitized.

## What to do if you get an Influenza-like illness

(fever of 100 degrees or higher, cough, sore throat, body aches, and possibly diarrhea or vomiting)

- STAY HOME until 24 hours after your temperature returns to normal (98.6) without taking any fever-reducing medicines (Tylenol, Advil, etc.)
- If you are in a high-risk group: Pregnant, asthma, heart disease, immune compromised, diabetes, or other underlying health conditions CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY.
- Most cases of H1N1 are similar to seasonal flu and people get better in a week or so without seeing a healthcare provider. Some cases, however, can turn serious. Call your healthcare provider for advice.

## Stay Informed & Follow Advice from Public Health

- [www.mckinley.illinois.edu](http://www.mckinley.illinois.edu)
- [www.c-uphd.org](http://www.c-uphd.org)
- [www.ready.illinois.gov](http://www.ready.illinois.gov)
- [www.flu.gov](http://www.flu.gov)

### Printable material

- [www.c-uphd.org](http://www.c-uphd.org)
- [www.Stock2forFlu.com](http://www.Stock2forFlu.com)
- [www.champcoprepares.com](http://www.champcoprepares.com)

**H1N1 Flu Information Line: 1.866.848.2094**

**Additional Informational Resources:** [www.c-uphd.org](http://www.c-uphd.org)  
[www.stock2forflu.com](http://www.stock2forflu.com)  
[www.champcoprepares.com](http://www.champcoprepares.com)

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